

CONSUMER HIGHLIGHTS

MAY 2001

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FCE NEWS

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TAKE STEPS TO PROTECT YOUR IDENTITY

Our busy lives often lead us to let our guard down sometimes. The variety of places and ways to shop also increase the risk of something happening. We need to be vigilant and watch all transactions that reveal some of our identity. These crimes are on the rise causing concern among many.

What is an identity theft crime? It is when people steal a lot of data about you and take on your identity. Information can be taken from your wallet cards or important papers. An imposter can misuse your information to open fraudulent credit card accounts, buy consumer goods, get benefits and services, take money from your bank accounts, apply for a job in your name, and much more.

Follow these precautionary steps to reduce your chance of becoming the next victim.

*** Never carry these papers or cards with you, except when needed:** Social Security card, Medicare card, health insurance card, credit cards, birth certificate, visa or passport. Make photocopies of these papers or cards for your records. When not in use, put these items and copies in two separate safe places. If you need any of these items, carry them in your wallet or purse in a safe or guarded place on you.

*** Remove your name from mailing and telephone lists.** Write to: Direct Marketing Association, PO Box 9008, Farmingdale, New York 11735-9008.

*** Contact one of the three major credit bureaus to request them not**

to sell your name, address, and phone number: Equifax - 1-800-685-1111; Experian - 1-800-682-7654; or TransUnion - 1-800-910-8800. There may be a fee for this service. And while there, you might want to order a copy of your credit report.

*** Directly contact nonprofit agencies, magazines and catalog companies by mail or phone.** You can request that your name, address and phone number be removed from their lists and request that they do not sell this data.

*** Do not buy products or services from those who sell by phone or door-to-door unless you deal with a well-known business.**

*** Do not answer phone or door-to-door surveys or sign up for contests or free gifts.**

*** If you have credit cards:** Reduce the number of cards in your name by writing the credit card company and canceling the card. Just cutting up a card and not using it does not close the account. Lower the credit limits to what you can use. Do not give out your credit card information over the phone unless you initiated the call.

*** Do not give your bank account number(s) over the phone or in person, unless you are doing business directly with the bank.**

*** Check your social security earnings and credit report yearly to make sure the data about you is correct.**

*** Check phone bills, credit and bank statements, etc. monthly to**

make sure the transactions are yours.

*** Shred or tear up all unwanted mail that carries personal data such as account numbers and offers for credit cards.**

*** Remove address labels before recycling mail.**

*** Do not give out your home or work address and phone numbers.**

It only takes a few minutes to take most of these precautionary measures. But from the news reports it takes a long time to undo what an identity thief does. So take care of your identity.

Clay County Contact
April 2001/May 2001

PARTY PORTIONS

It's springtime! Time for fun and parties.

Enjoy using this chart when planning your next party.

Coffee: 1 lb. + 2 gallons of water makes 40 cups.

Punch: 1 gallon of punch fills 40 punch cups.

The average guest will have 3+ cups of punch.

Food: For cocktail food, count a total of 10 "bites" per person.

Meat: For main dish
½ lb. shrimp per person

¼-½ lb. beef per person

¼ lb. boneless ham or fish per person

Home Economics Notes
April 2001

THE NUTS AND BOLTS OF GETTING ENOUGH VITAMIN D:

- There is growing concern that synthetic vitamin D-2, found in milk and other fortified foods, may have less vitamin D activity and may also be more toxic than natural vitamin D-3. Synthetic vitamin D-2 is an acceptable source if sunlight is not possible.
- Liver is a good source of vitamin D-3 but is very high in retinol and cholesterol and has a fair amount of saturated fat.
- Cod liver oil, which is a rich source of vitamin D-3, is high in cholesterol and retinol. Excess retinol and increased LDL cholesterol appear to promote osteoporosis so cod liver oil is far from an ideal source of vitamin D-3.
- Sunshine is the best way to get enough vitamin D-3 since supplements and dietary sources of vitamin D all have significant drawbacks. For those in a subtropical region as little as 5-10 minutes of direct sun on the arms or legs several times a week would enable the body to get the recommended adequate amount of vitamin D. In Seattle or Boston, in the winter and late fall, the sun's UV rays are too weak to make vitamin D, so a dietary source is needed. Two servings of nonfat skim milk or fortified soymilk (or some new yogurts) plus a 3.5 oz serving of fatty fish (herring, salmon, sardines) twice a week would probably be adequate. The human liver stores vitamin D-3 so if you get plenty of sun in the summer this can help meet the body's needs in the late fall and winter months.
- Avoid getting a sun burn - you need only a modest amount of sun - enough to maintain a light tan. People who tan darker have less risk of skin cancer but require more sunlight to make enough vitamin D as someone who has light skin and tans poorly.

Communicating Food for
Health – May 2001



GOT HEALTHY BONES?

Many of us think of bones like the steel in an office building, a solid unchanging framework. Actually, your 206 bones are more like a tree supporting a child's playhouse-supportive, yet alive and needing proper nutrition to stay healthy. Contrary to what most people think, bone health is more than just getting enough calcium. While calcium is critical, a variety of minerals, vitamins and other components work together to make strong bones.

Got Calcium?

Calcium is 65% of the weight of your bones. Since calcium is needed for nerve and muscle function, your body treats the skeleton like a calcium bank account. Approximately 600 to 700 mg of calcium moves in and out of your bones every day. If your diet is low in calcium, your body removes calcium from your bones but does not replace it. If this occurs consistently over time, the calcium "bank" in your bones will be seriously depleted. Rich, heart-healthy sources of calcium include skim milk, nonfat yogurt, non-fat ricotta cheese, fortified soymilk, green leafy vegetables, fortified orange juice and fortified whole grain products.

Got Boron?

This trace mineral helps keep calcium from being excreted in urine. The exact amount of boron needed for optimal bone health is not yet known, but a diet with plenty of fruits and vegetables should suffice.

Got Magnesium?

While magnesium is used in over 300 enzymes, half of the body's magnesium is found in bones. Magnesium can take

the place of some calcium in bone if calcium supplies are low. The suggested intake for magnesium is 350 mg per day for men and 280 mg for women. Nuts and grains are excellent heart-healthy food sources of magnesium, as are beans, dark green vegetables, fish and seeds.

Got Vitamin D?

Vitamin D goes hand in hand with calcium and bone health. This vitamin is unusual in that it can be made from sunshine. The UV-B rays from sunshine penetrate the skin and convert a precursor into vitamin D. Heart-healthy sources include salmon, herring, sardines, skim milk, some yogurt, fortified soymilk and fortified whole grain cereals.

Got Vitamin K?

Vitamin K is a fat-soluble vitamin found in dark green, leafy vegetables. The Nurses Health Study of over 72,000 women found that women who had the lowest intake of vitamin K had the highest number of hip fractures. Vitamin K is required to make the proteins found in bone and can help keep calcium from being lost in the urine.

No Bones About It:

What is the bottom line for bone health? The best bone-building diet fits right into most guidelines for good nutrition. Build your diet around whole grains, fruits and vegetables with a few servings of calcium-rich foods. Make sure you get enough vitamin D from sunlight or fortified foods. Minimize salt intake and try to eat the right amount of protein for your weight. Exercise, especially walking and jogging, is very beneficial, too.

CONSUMER TIDBITS

• **Cocoa packs a healthful punch.** A cup of hot cocoa — chocolate with much of the fat removed — has even more antioxidant power than tea and one-tenth the caffeine of a cup of coffee. Because it contains milk, it increases your calcium intake.

• **Finding fiber.** Most children under age 10 don't consume enough fiber, according to a study of nearly 1,400 youngsters. Your child's age, plus five, is the number of fiber grams he or she should consume daily. High-fiber food choices include many cereals, fresh fruits and vegetables, whole-wheat bread, beans, legumes and brown rice.

• **Carbonated kids.** The average American school-age child drinks nearly 800 cans of soft drinks every year, more than twice as many as 25 years ago. Experts attribute much of the increase to easy access to soft-drink vending machines at most schools.

• **Soy-milk drinkers** absorb 25% less calcium than they would from cow's milk, even if the soy milk is calcium-fortified. To compensate, you should drink enough soy milk for a 500 mg. serving of calcium, instead of 300 mg. from cow's milk.

• **People who suffered heart attacks** were more likely to have had serious gum disease than those who hadn't had heart attacks. One study found 85% of people who had a heart attack had gum disease, compared with 29% who hadn't had a heart attack. Researchers suggest treating gum disease might lower the risk of a recurrent attack.

• **A new, bright-blue gel** is being used in operating rooms to protect internal wounds and prevent complications after surgery. The gel is squirted into incisions, where it sticks like glue and breaks down harmlessly in about a week as the tissue heals beneath it. The gel might also be used to "suffocate" some types of tumors and fibroid growths by blocking their blood supplies, a use now under scrutiny by researchers.

• **It tastes awful!** A new mouthwash developed by dentists is designed to help people quit smoking. It tastes like mint, but if you smoke within three hours of using it, the cigarette leaves a terrible "burnt rubber" taste in your mouth. The over-the-counter product should be available sometime this year.

Vitality – April 2001

GARDENER'S CORNER

May is the month that spring temperatures stabilize and more rapid plant growth begins to occur. The warm season plants suffered a slow start this year because of cold periods through March and much of April.

May Tips

- There is still time to plant some of the spring vegetables. Plant seeds of lima beans, okra and southern peas. Set transplants of eggplant, pepper and sweet potatoes.
- Finish planting summer flowers and lightly fertilize those that were planted in March.
- Prune azaleas, if needed.
- Stake tomato plants and protect them from blights by applying an approved fungicide periodically. Recommended products include maneb, mancozeb and

chlorothalonil. Use mancozeb or maneb plus copper for controlling bacterial spot.

- Fertilize fig trees and add mulch.
- Remove leaves from azaleas and camellias that are infected with gall. This is a fungus that sometimes causes foliage of new spring growth to become thickened and fleshy. Pick these leaves off and remove them from your property. If left on, they dry and fall to the ground providing inoculum for infection next spring.

Repair Spring Dead Spots

We have experienced lawn problems galore this spring. Many people are reporting dead and yellow patches in their turf.

Many of the dead spots are due to lawn fungus diseases. We have seen an unusual number of lawns infected with Rhizoctonia Brown Patch Disease. Some are beginning to recover on their own, others could use help.

Rake dead grass from these areas and plant plugs from healthy grass. Space plugs about a foot apart so that bare areas can grow back in quickly.

In some cases a fungicide is needed to arrest the disease. Contact your Extension agent, garden center or lawn care professional for a recommendation.

Try a Butterfly Garden

Butterflies can bring color and joy to the landscape. Consider planting a garden that attracts them. Better yet plant both nectar and larval plants and you can enjoy seeing all stages of their development.

The butterfly garden need not be large. Sometimes it is better to start small and

expand the area later. Following is a list of plants from which to choose.

Butterfly Nectar Plants

Glossy Abelia	Lily of the Nile
Ageratum	Butterfly Weed
Butterfly Bush	Cosmos
Purple Coneflower	Firebush
Impatiens	Shrimp Plant
Verbena	Lantana
Blazing Star	Firespike
Pentas	Plumbago
Firecracker Plant	Azalea
Pineapple Sage	Wild Petunia
Porterweed	Mexican sunflower
Zinnia	

Larval Food Plats

Plant Type – (Type of Butterfly it will attract)

Asters, Mallows, Thistle – (*America Painted Lady*)

Parsley, Wild Carrot – (*American Swallowtail*)

Hickories, Oaks – (*Banded Hairstreak*)

Mustards, Peppergrass, Spider flower
(*Cleome Spinosa*) – (*Great Checkered & Great Southern White*)

Legumes – (*Common and Orange Sulfur*)

Pines – (*Eastern Pine Elfin*)

Parsley, fennel, dill, carrot – (*Eastern Black Swallowtail*)

Ash, Plums, Yellow Poplar – (*Eastern Tiger Swallowtail*)

Citrus – (*Giant Swallowtail*)

Passion Flower (*Passiflora incarnata*) – (*Gulf Fritillary*)

Red Bay, Sweet Bay – (*Laurel Swallowtail*)

Milkweed (*Asclepias* spp.) – (*Monarch*)

Red Bay, Sweet Bay – (*Palmedes Swallowtail*)

Dutchman's Pipe – (*Pipevine Swallowtail*)

Oleander, Milkweed (*Asclepias* spp.) – (*Queen*)

Elms, Hackberry, Mulberries, Parsley – (*Question Mark*)

Apples, Cherries, Willows – (*Viceroy*)

Pawpaw – (*Zebra Swallowtail*)

Maypops (*Passiflora* spp.), Passion flower – (*Zebra Longwing*)

Dan Mullins - Horticulture Agent

RECIPES

BROWN AND WILD RICE with Chicken and Mushrooms

- 1 box (4.5 oz.) Brown/Wild Rice Mix with Mushrooms
- 1 tsp. olive oil
- 1 tsp. dried thyme
- 2 c. broccoli florets, fresh or frozen, thawed
- 1 c. cubed, cooked chicken
- 2 Tbsp. chopped fresh parsley

Cook rice mix according to package instructions, along with olive oil, thyme and half or more of the seasoning packet, according to taste. Add broccoli one minute before the rice is done. Toss rice with chicken and parsley. Serve warm. Serves 2-3

416 calories and 10 grams fat per serving

CUCUMBER SANDWICHES

- 8 oz. light cream cheese
- ½ pkg. dry ranch dressing mix
- a c. low fat mayonnaise
- ¼ tsp. dill weed
- dill weed
- 2-3 cucumbers
- marble rye sandwich bread

Mix cream cheese, dressing mix, mayonnaise and dill weed together in a bowl. Chill for several hours or overnight to blend flavors. To make sandwiches, place thinly sliced cucumbers on top of bread slice. Top with cream cheese mixture. Place 2 or 3 dill weed on top of each sandwich. Serve and enjoy.

SIMPLE TOFU GRILL

- ½ lb. carrots, cut into matchsticks
- ½ bell pepper, cut into strips
- ½ med. red onion, cut into thin wedges to get strips
- ¼ lb. mushrooms, sliced
- ½ lb. tofu (firm)
- 2 Tbsp. canola oil

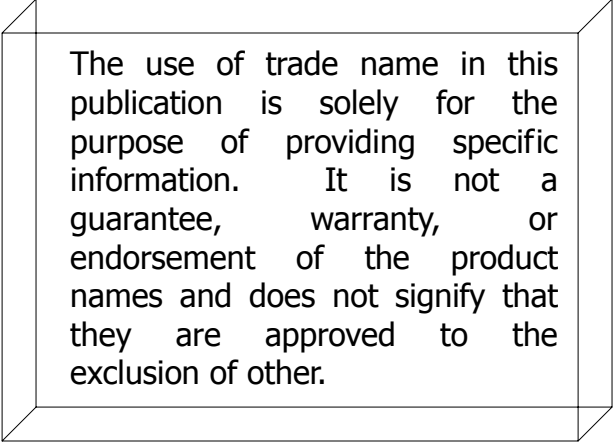
Marinade

- ½ c. tamari sauce
- ½ c. vegetable broth
- garlic, minced to taste

Marinate sliced tofu in tamari and vegetable broth and garlic overnight. Save some marinade for grilling.

Using a skillet or flat top grill, lightly coated with oil, grill vegetables in order, moving previous one to the side as it begins to cook. Continue to add canola oil to pan as needed. Cut tofu into strips and sauté last. When everything is done, pour some of the marinade over mixture while still in skillet, and mix. May be served as a hot entrée or chilled as a cold salad. This mixture is also excellent in a wrap or served over rice.





The use of trade name in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of other.

Sincerely,

Linda K. Bowman, R.D., L.D.
Extension Agent IV
Family & Consumer Sciences
Santa Rosa County

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